

It's a fact...

There are many ergonomics fact sheets to help you make your workplace a better place.

Fact Sheet 1

An effective ergonomics program fits the workplace to the worker.

Fact Sheet 2

You should know about work-related musculoskeletal disorders.

Fact Sheet 3

You should know about carpal tunnel syndrome.

Fact Sheet 4 (Updated August 2002)

Proper use of hand tools can make your work safer and easier.

Fact Sheet 5

Proper use of powered hand tools can make your work safer and easier.

Fact Sheet 6

You can identify the characteristics of a hazardous materials-handling task.

Fact Sheet 7

You should know how to safely perform *lifting* and *lowering* tasks.

Fact Sheet 8

You should know how to safely perform *pushing* and *pulling* tasks.

Fact Sheet 9

You should know how to safely *carry* heavy loads.

Fact Sheet 10

You can evaluate ergonomic products to see if they truly meet your needs.



Pushing heavy objects in an awkward or twisted posture can lead to back injuries.



Performing heavy work with an extended reach increases a worker's risk of injury.

Fact Sheet 11

You can make your computer workstation “fit” your needs.

Fact Sheet 12

You should know what you can do to solve your computer-related discomfort.

Fact Sheet 13

Your computer workstation should be in a comfortable work area.



Narrow and cramped work surfaces force workers into uncomfortable positions and can lead to wrist, arm, neck, and back problems.

Fact Sheet 14

Your computer workstation should include a desk that’s right for you.

Fact Sheet 15

Your computer workstation should include a chair that’s right for you.

Fact Sheet 16

Your computer workstation may need a footrest.

Fact Sheet 17

Your computer workstation should include a monitor that’s easy to view.

Fact Sheet 18 (Updated August 2002)

Your computer workstation should include the right keyboard for you.

Fact Sheet 19

Your computer workstation should include the right input device for you.

Fact Sheet 20

Your computer workstation may need a document holder.

Fact Sheet 21

Your computer workstation should receive appropriate lighting and guard against glare.



Ergonomic Fact Sheets are a product of the DoD Ergonomics Working Group.

Written for both supervisors and workers, these fact sheets provide basic information on ergonomics. For more information, visit the working group’s Web site at <http://chppm-www.apgea.army.mil/ergowg/>.